

# Continuing to Implement Bronze, Silver and Gold Achieving Platinum End-Year Report Checklist

- ☐ Coversheet
- ☐ January and March Newsletters

## **Platinum #1: School Community Council Description**

- ☐ A statement that the school community council includes health on each agenda
- ☐ How often the School Community Council meets
- ☐ A School Community Council agenda

## **Platinum #2: Healthy Choices Policy (if the school is using the policy that was written last year for Gold #3A include that policy, if you do not have it your LHD will)**

- ☐ Intent
  - “Healthy food and beverage choices shall be available wherever and whenever food and beverages are available outside of school meals. This includes school celebrations and events, a la carte, class parties, assemblies, fundraisers, concession stands, vending machines, school stores, etc.”
  - “Health choices must meet the following guidelines:

### **Nutrition Guidelines for Food**

Snack items should not exceed:

- 200 calories
- 35% calories from fat (70 calories or less)
- 10% calories from saturated and trans fat (2gm or less)
- 35% calories from total sugar by weight

A la carte items should not exceed:

- 400 calories
- 35% calories from fat (140 calories or less)
- 10% calories from saturated and trans fat (4.5gm or less)
- 35% calories from total sugar by weight

In addition, it is recommended that the snacks and a la carte food items contain one of the following:

- 5gm protein per serving
- 2gm fiber per serving
- 10% of the DV for any of the following – calcium, iron, vitamin A or vitamin C

NOTE: Nutrition guidelines for food does not include legumes, nuts, nut butters, seeds, egg, cheese, vegetables (not fried), and fruits.

## **Nutrition Guidelines for Beverages**

Beverages should be limited to:

- Water that is non-flavored, non-sweetened, non-carbonated
- 100% fruit and/or vegetable juice with no added sweeteners
- Unflavored/flavored low fat (1%) and fat free milk and milk alternatives (soy and rice) with no more than 30g carbohydrate per 8oz

### **Calculations:**

Calories from total fat

$$\text{calories from fat} \div \text{total calories} \times 100$$

Calories from saturated fat

$$\begin{aligned} \text{grams of saturated fat} \times 9 &= \text{calories from saturated fat} \\ \text{calories from saturated fat} &\div \text{total calories} \times 100 \end{aligned}$$

Total sugar by weight

$$\text{Grams of sugar} \div \text{gram weight of product} \times 100$$

### **“Examples of Healthy Food and Beverage Choices:**

Sunkist tuna with crackers

Snyder’s pretzels

Beef jerky –97% fat free

Yogurt and/or gogurt

String cheese

Breakfast cereal bars

Trail mix

Nuts and seeds

Fruit Rockets (applesauce w/ different flavorings)

Fruit leather

Baked chips

Pudding –low fat

100% fruit and/or vegetable juices

Cereal bowls

Nature Valley granola bars

Quaker fruit and oatmeal bars

Soymilk

Low fat or fat free milk”

#### ☐ Rationale

- Support for this policy

#### ☐ Reinforcement

- How this policy will be communicated to faculty, staff, parents, fundraising groups, PTA, and any other groups or people bringing food into the school outside of school meals
- “This policy will be reviewed each year.”

- If there are any consequences to violating this policy they should be listed here

### **Platinum #3: Faculty and Staff Wellness Description**

- A description of the activities the faculty and staff participated in
- A description of how the activities were promoted/communicated to faculty and staff
- If applicable, a description of how faculty participation was tracked

### **Platinum #4: Parent and Community Involvement Description**

- A description of how parents and community were involved with Gold Medal schools
  - Note: A majority of parents must be involved or invited to complete this criteria

**Platinum #5: Include a policy for one of the following (if the school is using the policy that was written last year for Gold #3D or Gold #3I include that policy, if you do not have it your LHD will)**

#### **Platinum #5A: Recess Before Lunch Policy**

- Intent
  - “Recess will be scheduled **immediately** before lunch”
  - Include recess and lunch bell schedule
- Rationale
  - Support for this policy
- Reinforcement
  - How this policy will be communicated to appropriate people
  - “This policy will be reviewed each year”

#### **Platinum #5B: Adequate Eating Time Policy**

- Intent
  - “Lunch will be served between 11:00 AM and 1:00 PM”
  - “Students will have at least twenty minutes to eat their lunch from the time students are seated.”
  - “Students will have at least ten minutes to eat their breakfast from the time students are seated.” (This statement may be omitted if school does not serve breakfast.
- Rationale
  - Support for this policy
- Reinforcement
  - How this policy will be communicated to appropriate people
  - “This policy will be reviewed each year and when schedule changes are being made.”